Good News for Homemakers

On battling the bulge

By SHIRLEY W. WALTON
Extension Agent

Do you have an annual year-end battle of the bulge? Many of us have been eating extra rich and an extra amount of holiday foods, and most of us are thinking about beginning the new year with some special goals for getting rid of that bulge. I would like to share with you this week some tips from our USDA nutritionist on how to control the bulge.

1. Plan your meals and snacks ahead of time. Haphazard eating is often high calorie eating. This happens to us especially during this time of year when we are gathering together with family members and friends and also during the extra cold winter months.

2. Write your shopping list when you are not hungry and go grocery shopping on a full stomach. That way, you won't be tempted to buy extra goodies.

3. Cut back on high calorie snack foods. If you have to buy them for the rest of your family, store them out of sight, or get another family member to store them so you can't find them. (An even better idea would be to pull out and prepare some nutritious snacks such as carrot sticks, celery sticks, apple and pear slices. A grapefruit half is also a great substitute for a dish of ice cream.)

4. Eat only when sitting at the kitchen or dining room table. Do not nibble while doing other things. All of us know that this is easier said than done, but we can do it.

5. Allow yourself only one moderate serving. Try portioning out your food before you bring it to the table. If the bowl is in front of us, it's tempting to get a second helping.

6. Use a smaller dinner plate than usual to make your portion look larger. This has a good psychological effect on us.

7. Eat slowly so you will feel full. Savor and enjoy every bite of your food. Try putting your fork down between bites to help slow you down and no eating with fingers while your fork is down.

8. Choose foods that you have to work at to eat. For example, it takes much longer to eat an orangne than to drink a glass of orange juice. Another tip is to slice your fruit into many slices and it takes you much longer to eat those slices and you have a greater feeling of satisfaction from eating them.

9. When you get the urge to eat between meals, do something else instead. Now is the time to pull out some handwork that we've had stashed away and now complete it. You may want to get out and take a walk. Do anything you can to get away from food and to get your mind off of it.

10. Stop eating when you leave the table. Don't be the family's garbage disposal unit for leftovers. Many people consume half again the number of calories they would get in a meal because they just cannot bear to throw something away.

If you have problems with the end of the year bulge, you may be interested in knowing that the Diet, Exercise and Behavior Modification Class will begin on January 13, 1983. This class will meet in the District Extension Office Auditorium (next door to the Post Office) from 10:00 to 11:30 each Thursday morning, beginning on the date listed. If you are interested in enrolling in this program, you may wish to call 352-8244 or write P.O. Box 488, Appomattox, VA 24522.

It is always a pleasure to hear from you and to help you. On behalf of our Extension Staff, I wish to express our warmest wishes to each of you for a good 1983, filled with peace, good health and happiness.

Have a good week, and HAPPY NEW YEAR!

RECIPE OF THE WEEK
Russian Tea

1 cup sugar
½ cup instant tea
1½ cups Tang
1½ tsp. cinnamon, ground
¾ tsp. cloves (optional)
Very little allspice
1 pkg. lemonade mix or 2 scoops from can of lemonade mix

Mix well as listed. Add 2 heaping tsp. to 1 cup hot water. Delicious! Many of you have requested that this recipe be printed again. Thanks to Mrs. Catherine Perdue for sharing this delicious recipe with us. She served this at a recent homemaker's meeting. This is a good, nutritious hot drink for a cold winter day.

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CHARLES T. MOSES, of the American Legion Post 104, is shown presenting a check from the Post to Ray Noble, Captain of the Appomattox County Volunteer Rescue Squad. The check covers the entire cost of Reussi-Annie, (center); she is used in teaching CPR classes and in training Rescue Squad personnel. (Photo by Bill Sherred)

Con$umer $ense Note$

Evaluate spending habits now

By OCIE M. MACK,
Extension Agent

NOW IS THE TIME for individuals and families to evaluate their 1982 spending habits, and

Pamplin AARP holds meeting

The Pamplin chapter of the American Association of Retired Persons met on Tuesday, Dec. 21, at noon in the fellowship hall of the Pamplin United Methodist Church.

After lunch, the new board of directors was sworn in by Mr. Charles Bosserman of the Famville Chapter of AARP.

Grace Covington, program director, told an amusing story, read some poems that were most fitting for the season and then introduced the Rev. Clarence Bowen and the Rev. Sallye Bowen, co-pastors at the Pamplin United Methodist Church, who entertained the group with carols and stories.

Knowsley completes training

During the training, students received instruction in drill and ceremonies, weapons, map reading, tactics, military courtesy, military justice, first aid and Army history and traditions.

make plans to make re-adjustments in 1983. In this year the most dramatic influence on the economic well-being was the high rate of inflation. While the causes and cures of inflation are highly debated, the effects of inflation are not in doubt.

Despite efforts to reduce the rate of inflation, there is a common expectation that prices will continue to increase throughout 1983. The following is a list of cost cutting ideas which individuals and families can use to cope with the increase of prices, and reduce the effect of impulsive spending of their income:

1. **Cut Expenses** by simply not making new purchases of non-essential goods and services until you have paid for all or at least most of your old debts.

2. **Buy Less On Credit** - pay fewer dollars for interest by buying less on credit. The dollars spent for interest charges might be better used for buying goods and services or for adding to a savings account.

3. **Carry Less Cash** - leave credit cards or checkbook home unless you need to make a planned purchase.

4. **Plan Purchases** - don't just "go shopping" until you find something to buy. Plan purchases when sales allow greater savings. Do not buy from door to door sellers. If you really need their product, you can usually get better prices and more reliable service at a local store.

5. **Rent Rather Than Buy** expensive items that you rarely use. Maybe several pieces of equipment can be shared among neighbors, with sizable savings to all persons involved.

6. **Budget** not only for day to day management of your income, but also for any future plans. Budgeting doesn't mean pinching pennies and laboriously recording how you spend every one. Here are a few things budgeting does mean:

*You have to make money management a joint venture of all family members from the start.

*You need to face money matters frankly and get problems down on paper.

*You have to consider each other's wishes.

*You need to agree on a realistic spending plan.

*You must stick to budgeting until your plan works.

*You'll need to adjust your plan as your circumstances change, like toss it out if you inherit a million or two.

For guidance in the basic steps to setting up and using a simple, workable budget for 1983, write or call the Extension Office for a free publication called Family Account Book. The phone number is 352-8244 and address is P.O. Box 488, Appomattox, Va. 24522.

Best Wishes for a Happy New Year!

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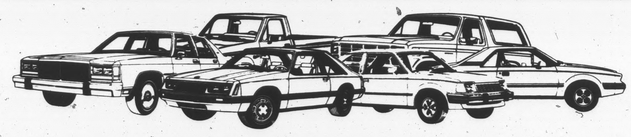

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'Pasture-al' scripture

By JAMES A. SMITH
(This material is used courtesy of Elanco Range Products, Elanco Products Division, Eli Lily Company)

I. Thou shalt divide thy pasture lands in thirds and graze them in succession, starting with a different part each year so that all fare alike, letting thy kine onto the first, a little before it is ready, least the third become hard and stemmy before it is used: always moving them to another part when they have consumed half the growth, for the leaves are the digestive apparatus of the grass, and verily, while a man can live in health with half a stomach, if his entire stomach be removed, he dies.

II. If thy pasture containeth both cool and warm season grasses growing together, thou shalt vary the grazing height from one to the other according to the needs of each, so as to maintain both in good health. If either shall start to overcome the other, thou shalt adjust the grazing or haying pressure - and if the land be intensively managed, the timing of thy fertilizer and water applications - so as to favor the weaker until it shall regain its strength, for verily, both are precious unto thee.

III. Thou shalt move thy salt and mineral from place to place at a far distance from thy water, to encourage even grazing.

IV. If thy pasture be intensively used and thy kine graze it unevenly, thou shalt clip it after thou hast moved them on so as to give the grass an even start again. Also shalt thou break up and spread their droppings, so that all the grass may partake equally of the nourishment therefrom.

V. Thou shalt not destroy thy pasture in drought years by stocking it as heavily as in good in an effort to maintain the flow of wealth from it, as the Philistines do, but tighten thy belt and delay the purchase of a new chariot until the rains come again.

VI. Thou shalt not cause thy kine to graze any one of thy pastures too early in the spring nor too late in the fall, year after year, nor permit them to crop it so closely that the productive taller grasses are driven out by the short.

VII. If the good grass which enriches thee starts to disappear from thy pasture, thou shalt give it a vacation for a year or two. If thou hast disobeyed this commandment in the past and thy pasture is too far gone for the good grass to recover, thou shalt destroy the weeds and tares thereon and replant it - or if the soil be loose and vulnerable to the wind, interseed - and thereafter sin no more.

VIII. Whenever thou spiest a musk thistle or other noxious weed, thou shalt make all haste to destroy it, for thy neighbor's sake as well as thine own, for truly these accursed ones are like unto a pack of thieves that enter a man's home at night and strip it bare, whilst the master and his servants sleep.

IX. If thy grass grow faint for lack of nourishment, thirsting not, thou shalt anoint it with nitrogen and other elements as needed, in the knowledge that if thou dost not feed thy grass, it cannot feed thy kine. In this regard, thou shalt bear in mind that the tiny creatures which release nitrogen from the soil slumber from early fall until late spring, and for this reason cool season grasses feel the pangs of nitrogen-hunger more acutely than warm-season grasses.

X. If thy pasture containeth both grass and legumes, thou shalt anoint it with phosphate as needed, for verily, without it the legumes will surely perish.

XI. Thou shalt not let thy herds out on thy intensively managed permanent pasture when it is deep in mud, to trample it to death, but provide another place for them.

XII. Thou shalt not, under any circumstances, burn thy pasture with fire, except it be on the advice of sages who shall give thee good and sufficient reason for so doing.

XIII. If the rain which falleth on thy pasture shall run off because the earth has been compacted into pavement by the hammering of many hooves for many years, thou shalt take resort to a machine which pitteth the surface, agitating the roots below and forming pygmy reservoirs to impound the liquid bounty from the skies and invite it into the ground.

XIV. If a sand blow-out shall appear in thy pasture, thou shalt stew it with the seed of grasses that love sand, anoint it with a mulch of trash and keep thy cattle out 'til it has healed.

XV. If thy cattle start to wear a deep track in thy grass, thou shalt erect a barrier across it and divert them to another route.

XVI. If thou hast grazed thy pasture threadbare and destroyed its spongy carpet, and the waters which should have sunk into the earth have come together in a flood and opened an abyss, thou shalt divert them to one side, heal the abyss, and ask forgiveness for thy sin.

XVII. In all questions of management which baffle thee, thou shalt seek the counsel of the soil conservation service and the college of agriculture as well as that of thy neighbor who has waxed fat off his land.

XVIII. If thou hast the equipment and thy work permits, thou shalt seriously consider gathering the fresh produce of thy intensively managed pasture and transporting it to thy cattle - which gentiles call green-chopping - instead of causing them to harvest it, for this eliminates the trampling loss, maintains the grass in better health and allows thee to support two animals where thou hadst but one.

XIX. Thou shalt cherish thy pasture not only as a contributor to thy bank account but as a place of beauty for the delectation of thy soul, cultivating the friendship of the grasses and other good plants in it and acquainting thyself with their unique personalities and habits, that thou maest gain more pleasure as well as profit from thy partnership with them.

XX. Lastly, thou shalt bear in mind at all times that thy grandson will be here long after thou art gone.

ASCS Today

By TOM CONRAD

CONSERVATION SIGN-UP BEGINS JANUARY 3 - The signup for the 1983 Agricultural Conservation Program (ACP) and 1983 Forestry Incentives Program (FIP) begins January 3rd. and will run through March 1. Both programs are for the purpose of the farm beyond that which will be done with one's own resources.

Farmers should sign up as soon as possible because this practice must be approved by the County Committee before work can begin. Farmers who start practices prior to approval are ineligible for cost-shares.

Under the ACP program participants will receive cost-share from 50 percent up to 75 percent for the following practices: Permanent Vegetative Cover Establishment, Permanent Vegetative Cover Improvement, Stripcropping Systems, Terrace Systems, Diversions, Grazing Land Protection, Sod Waterways, Animal Waste Control Facilities, Forest Tree Plantations (less than 10 acres), Forest Tree Stand Improvement (less than 10 acres. Under the FIP program participants will receive cost-share of 60 percent on 10 or more acres for the following practices: Tree Plantings, Forest Tree Stand Improvement, Site Preparation for Natural Regeneration. All practices under both programs are conservation oriented and will provide enduring solutions to the problems of farmland being a source of agricultural pollution or land affected by wind or water erosion.

The ACP authorizes two or more farmers to pool their resources, efforts and finances to perform practices which will solve a mutual conservation problem on their farms. Long term agreements are also provided, of which signup for these agreements will be held from January 3 through January 7. Special or small farm projects are also included to help low-income farmers solve their conservation problems.

Practices under last year's programs have corrected conservation problems on over 2000 acres of Appomattox County farm land.

Both programs are joint efforts by farmers and Government to restore, protect and preserve the environment. For more complete details contact the ASCS office.

FEDERAL CROP INSURANCE - Corn producers are reminded that the last date for notice of loss on 1982 corn which is not harvested is January 9, 1983. Any notice of loss shall be given to the agent servicing your contract.

NEW GROWER TOBACCO ALLOTMENTS - February 15 is the deadline for requesting a tobacco new grower allotment.

You must earn 50 percent of your income from farming, not own or operate another farm with a tobacco allotment, have experience in growing the crop in at least two of the last five years and must own the farm.

Farmers dividend

The Board of Directors of Farmers National Bank of Appomattox has declared a semi-annual cash dividend of $1.00 per share payable December 31, 1982 to shareholders on record December 14, 1982. Checks will be mailed.

The year 1982 in Review

(Continued from page 1)

The final issue of September featured a story about a project undertaken by the marketing and distributive education classes of John McHale at ACHS. The students agreed to survey the business community for compilation of an Appomattox County business directory.

October

Final plans for the 1982 Railroad Festival were listed in the Oct. 7 issue, which also featured a story on Appomattox Mayor Ronald C. Spiggle's being named chairman of the town section of the Virginia Municipal League. The paper also noted that a soil survey - - the first in Appomattox since the 1920s - - was underway.

The Oct. 14 paper featured scenes from the 1982 Railroad Festival, which featured daytime television star Deborah Adair as grand marshall. The next week's paper included a photograph of Lenny Skutnik, who became a naitonal hero when he dove into the icy waters of the Potomac River to rescue a jet-crash victim. Skutnik was guest of honor at the annual Woodmen of the World awards banquet in Appomattox.

The Oct. 29 **Times-Virginian** carried a story about Ruby Smith, a senior girls' basketball player who set a new-career scoring record at the school.

The Oct. 29 paper also featured a story about David Coffman and Bob McClenny, who won conservation awards from the Virginia Wildlife Federation at its annual awards banquet.

November

Paul Trible was the favored candidate for the U.S. Senate seat in Appomattox County as in the state as a whole, according to a post-election article in the **Times-Virginian** Nov. 4. That paper also told of Paul and Shirley Passink, who started the first low-power television station on the Eastern Seaboard from their home in Concord.

Pamplin residents were pleased to learn that work had started on a new garment factory in Pamplin. The industry would be housed in the old Pamplin Elementary School building. That paper also told of a Friday-night armed robbery of the Appomattox Revco Drug Store, and the subsequent capture of Jerry Spencer, a Danville man who confessed to committing the robbery.

The Nov. 18 issue featured a story on a petition circulated in Pamplin, requesting the resignation of that town's mayor, Patrick Harrison. The paper also featured a profile on James H. Hancock, Jr., Concord Ruritan Club's Citizen of the Year.

In that issue also, readers learned that the Board of Supervisors intended to crack down on hunters violating the state's "roadhunting" laws.

Mildred Elliott was named 1982 Christmas Mother for Appomattox County, according to a story in the Nov. 24 **Times-Virginian**. The paper also noted that "Wildwood," the farm of John and Phil Harrison, had been honored by the Robert E. Lee Soil and Water Conservation District for "outstanding cooperation" in conservation efforts.

December

The death of John Caldwell, Sr., a 78-year-old community leader, was noted on the front page of the **Times-Virginian** on Dec. 2. The following week, the paper reported that Pamplin Mayor Patrick Harrison had refused to resign when a petition asking for his resignation was read at the Pamplin Town Council meeting.

The Dec. 9 issue also carried a story noting that Brett Marston of Red House had been named state and overall winner in the Southern Flue Cured Tobacco Information Committee tobacco essay contest. Brett received two handsome plaques and a total of $600 for the honor.

The first snowfall of the cold season was noted in the Dec. 16 issue of the paper. Appomattox received approximately 10 inches of the white stuff. That paper also carried a story about the death of a 75-year-old county woman in a house fire near Concord.

Last week's paper featured a story on winter weather hazards, and a story about Maureen Donnell, an ACHS student who has been invited to join the 1983 Virginia Chorale for a European Tour.

Happiness is 4-H

By FRANK SWEET
Extension Agent

The Lucky Clover 4-H Club of Pamplin and the 4-H Achievers Club of Appomattox enjoyed Christmas caroling last week during special activities held by their respective clubs. Providing community cheer and community service projects are special reasons for being a member of a community 4-H group.

•••

Ginny Sweet, an 8-year old 3rd grader, was the lucky winner of the 1983 Chevrolet Chevette that was given away last Tuesday by Holiday Lake 4-H Center. Over 21,000 tickets were sold for the car. A large portion of the remaining debt for the new swimming pool will be paid for by the profit from the car ticket sales.

A special thanks is extended to all of those 4-H members, volunteers and others who helped with the sale of tickets for the car. Nearly 3,000 tickets were sold in Appomattox County.

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Some suggested New Year's resolutions for 4-H members might be: 1) Complete and turn in at least one 4-H project; 2) Take part in at least one major 4-H learning event (Share-The-Fun, Public Speaking or Presentations); 3) Attend Holiday Lake 4-H Camp and 4) Have at least one exhibit in the Five County Fair. Many members are doing much more. Remember that the key to success through 4-H is participation.

•••

A good way to keep 4-H records was suggested several years ago by Susan Parris, now a volunteer leader. Susan suggested that each 4-H'er keep a big calendar that has space to write under each day. This calendar could be kept in the 4-H'ers room at home. Each time the young person takes part in a 4-H program, such as public speaking, Share-the-Fun, presentation, workshop, committee meeting, 4-H Camp, etc., he or she would write it down on the calendar. At the year's end, the 4-H'er will have a complete record of his or her participation. This type of record keeping would be extremely helpful when the time comes to complete achievement records.

•••

Beef heifer entries for the Central Virginia Junior Livestock Show are due in by January 15. Purebred and crossbred heifers may be entered in the show which will take place at the Lynchburg Livestock Market on Saturday, May 7. A copy of the entry forms and show regulations are available from the Extension Office. All heifers must have received their brucellosis vaccination prior to the show.

Ruritans install officers

The Pamplin Ruritan Club installed new officers at last week's meeting of the club. Taking office for the coming year are Jerry Womack, president; Bob Miner, vice president; Harry E. Ranson, secretary; Bill Caldwell, treasurer; Dick Dolan and Walker Covington, directors.

Lloyd Richardson, Sgt.-At-Arms, was the installing officer.

Jim Nolen, president of the Appomattox County Chamber of Commerce, presented an interesting slide/talk on Appomattox County. The program should help "sell" prospective industries, businesses, tourists and others in coming to Appomattox County.

4-H News

Mrs. Jackson's 4-H Club

Mrs. Jackson's 4-H Club met on Dec. 16, 1982. Lee Scruggs led us in the Pledge to the American Flag and Jason Tyree led us in the 4-H Pledge.

The recreation leaders lead us in some games and some Christmas carols. We discussed Share-the-Fun and gave out certificates to everyone who participated. We also talked about 4-H judging teams.

January is also Public Speaking. The program of the month is making Christmas crafts. Our president adjourned the meeting.

Julie Youngblood
Reporter

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